

2026 Speedo Junior National Championships

Irvine, California | August 1–7, 2026

Venue: William Woollett Jr. Aquatics Center

Address: 4601 Walnut Avenue, Irvine, CA 92604

This itinerary is subject to change based on meet timelines, travel schedules, and team activities.

Saturday–Sunday | August 1–2

Travel to Irvine

- Travel to Irvine, California
- Check into hotel, Airbnb, or team accommodations
- Get settled and unpack
- Stretch and loosen up after travel
- Shave (if applicable)
- Attend team practice (if scheduled)
- Eat a healthy dinner
- Hydrate well
- Get plenty of rest

**Sunday Warm up time TBD. Athletes should coordinate with Coach Mixon on their arrival date/time.*

Monday | August 3

Shirt: Crawfish Training Day Shirt

6:30–7:00 AM – Wake Up & Breakfast

7:15–8:00 AM – Arrive at Pool for Warm-Up

9:00 AM – Prelims Begin

Events:

- 200 Butterfly
- 50 Backstroke
- 100 Breaststroke
- Women's 800 Freestyle
- Men's 1500 Freestyle
- 200 Freestyle Relay

12:00–2:00 PM – Lunch / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

4:00–4:45 PM – Finals Warm-Up

5:00 PM – Finals Begin

8:00 PM – Dinner/Lights Out 10:00PM

Tuesday | August 4

Shirt: 2026 Team One Shirt with Black Shorts

6:00–6:30 AM – Wake Up & Breakfast

7:15–8:00 AM – Arrive at Pool for Warm-Up

9:00 AM – Prelims Begin

Events:

- 100 Freestyle
- 400 Individual Medley
- 50 Breaststroke
- 800 Free Relay

12:00–2:00 PM – Lunch on Your Own / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

4:00 PM – Team Photo

4:00–4:45 PM – Finals Warm-Up

5:00 PM – Finals Begin

8:00 PM – Dinner/Lights Out 10:00 PM

Wednesday | August 5

Shirt: Red Crawfish T-Shirt

6:00–6:30 AM – Wake Up & Breakfast

7:15–8:00 AM – Arrive at Pool for Warm-Up

9:00 AM – Prelims Begin

Events:

- 200 Backstroke
- 100 Butterfly
- 400 Freestyle
- 200 Medley Relay

12:00–2:00 PM – Lunch on Your Own / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

4:00–4:45 PM – Finals Warm-Up

5:00 PM – Finals Begin

8:00 PM – Dinner/Lights Out by 10:00PM

Thursday | August 6

Shirt: Black Crawfish T-Shirt

6:00–6:30 AM – Wake Up & Breakfast

7:15–8:00 AM – Arrive at Pool for Warm-Up

9:00 AM – Prelims Begin

Events:

- 50 Butterfly
- 200 Freestyle
- 100 Backstroke
- 200 Breaststroke
- 400 Freestyle Relay

12:00–2:00 PM – Lunch on Your Own / Recovery / Nap

2:15 PM – Wake Up, Shower, and Prepare for Finals

4:00–4:45 PM – Finals Warm-Up

5:00 PM – Finals Begin

8:00 PM – Dinner/Lights Out 10:00PM

Friday | August 7

Shirt: Championship Shirt

6:00–6:30 AM – Wake Up & Breakfast

7:15–8:00 AM – Arrive at Pool for Warm-Up

9:00 AM – Prelims Begin

Final Day Events:

- 200 Individual Medley
- Women's 1500 Freestyle
- 50 Freestyle
- Men's 800 Freestyle
- 400 Medley Relay

12:00–2:00 PM – Lunch / Recovery

2:15 PM – Prepare for Finals

4:00–4:45 PM – Finals Warm-Up

5:00 PM – Finals Begin

8:30 PM – Team Dinner

Saturday | August 8

Travel Home

Athletes may depart Friday evening following finals or Saturday, depending on travel arrangements and approval from the coaching staff.

Packing Checklist

Competition Equipment

- Racing suits
- Practice suits
- Team caps
- Extra goggles
- Towels
- Water bottles
- Sports drinks or hydration mixes
- Recovery snacks
- Gels, GU, caffeine products, bars, etc.

Team Apparel

- Team warm-ups
 - Team shirts listed in itinerary
 - Black shorts
 - Parka (recommended)
 - Additional warm clothing
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Team Policies

Team Appearance

All athletes should wear designated team apparel and warm-ups while on deck and during team activities. We want to look and act like a championship team.

Technical Suits

Arena technical suits are strongly encouraged. As an Arena-sponsored team, athletes are encouraged to compete with Arena equipment whenever possible.

Team Caps

Black Crawfish Cap

Finals Attendance

Athletes are expected to attend Finals sessions to support teammates unless excused by the coaching staff.

Facility Policies

- No parents are allowed on deck.
 - Spectators are limited to designated seating areas.
 - Athletes must follow all USA Swimming credential requirements.
 - Team areas must remain clean and organized.
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Final Reminders

- Hydrate throughout the week.
 - Stay off your feet between sessions.
 - Eat quality meals and snacks.
 - Be early to every team function.
 - Check email and team communications daily for schedule updates.
 - Complete any travel reimbursement forms before departing Irvine.
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Team Goal - Race hard. Support your teammates. Represent Crawfish Aquatics with pride.